

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

Vol. 53 No. 21

June 1, 2007

Aviano Air Base, Italy

Fly Bys

Change of command

Brig. Gen. Craig Franklin assumes command of the 31st Fighter Wing from Brig. Gen. Robert Yates, 31st Fighter Wing commander, today at 10 a.m. in Hangar One.

Summer dance

Aviano Youth Programs are offering summer dance classes for youth ages 4 and older. The classes are from July 2 to Aug. 24 and include ballet, jazz and Broadway. Registration begins Monday and parents can register their children from noon to 5:30 p.m. Mondays through Fridays at the youth center. Space is limited. For more information, call Ext. 7575.

Commissioning

A commissioning briefing is 10 a.m. June 14 at the education center. People interested in commissioning must attend this briefing first. Medical commissioning will also be discussed. To sign up, call Ext. 5330.

Case lot sale

The Aviano Commissary is holding a case lot sale at 9 a.m. Saturday and 10 a.m. Sunday.

Aviano welcomes home AEF 5/6



Photo by Staff Sgt. Bethann Caporaletti

Aviano members return after being deployed for Aerospace Expeditionary Force 5/6 Wednesday. For more AEF returnee coverage, see page 11.

By Senior Airman Sarah Gregory 31st Fighter Wing Public Affairs

Nearly 260 Aerospace Expeditionary Force 5/6 deployers were treated to a happy reunion with family members, friends and co-workers at Hangar One Wednesday.

"The homecoming is truly a base-wide event complete with laughter, tears and heartfelt welcomes and thank yous," said Barbara Wolcott, Airman and Family Readiness Flight director.

A large-scale return such as this one takes effort from multiple base agencies and organizations. When groups of 20 or more Airmen return at once, the A&FRF hosts mass reintegration briefings allowing the troops to complete their inprocessing at one time. The returning members will begin reintegrating Monday, leaving them the weekend to spend time getting reacquainted with family and friends.

See AEF, page 11

Cover plates: Today is the deadline for AFI cover plates. All Aviano privately owned vehicles must have them. For more info, call Ext. 7921.

*World's Finest
MMVA/DUI counter*

7 days ...

Since Aviano's last DUI.

81 ...

Major Motor Vehicle Accidents



Nickel deploys

Members of the 555th Fighter Squadron went through a mobility line May 23 and a few days later, took off for their deployment.

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Island beauty

Travel to the beautiful southern island of Capri where there are spectacular views, and perfumes are made using local flowers.

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Vigileer
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31st Fighter Wing**
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Deadline info: The deadline for submitting information is close of business Thursday one week prior to publication. Send all information by e-mail to the Vigileer at vigileer@aviano.af.mil. Faxed articles will not be accepted. The public affairs office is located in Bldg. 1360, Rm. 19. The Vigileer staff can be reached at Ext. 7344.

Editorials: We want to hear from you. Flex your writing talents and share your thoughts with the community. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public.

World's Finest: Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations.

The 31st Fighter Wing welcomes Brig. Gen. Craig and Mrs. Julie Franklin to the World's Finest



Aviano Volunteer of the Week

Name: Senior Master Sgt. Steven Laser
Where he volunteers: As a Boy Scout troop master
Why he volunteers: To teach the boys leadership because sometimes they don't learn that anywhere else.



Aviano Airman of the Week

Name: Airman 1st Class Paul Bear
Unit: 603rd Air Control Squadron
Hometown: Fayetteville, N.C.
Why joined: Wanted a way to bring in a decent income to help my family.

Aviano Airmen receive non-judical punishment

The following are non-judicial punishments Aviano Airmen received during April:

31st Aircraft Maintenance Squadron

- A staff sergeant was charged with Article 86 for failure to go. For this misconduct, the sergeant received a reduction to senior airman, forfeiture of \$250 for two months, 30 days extra duty and a reprimand.

- A senior airman was charged with Article 134 for adultery. For this misconduct, the Airman received a reduction to airman first class, a suspended forfeiture of \$729 and a reprimand.

- A senior airman was charged with Article 18 for damage to military property, Article 111 for driving under the influence, and Article 134 for drunkenness and incapacitation for duties. For this misconduct, the Airman received a reduction to airman first class, forfeiture of \$864 for two months, 30 days extra duty, 45 days restriction and a reprimand.

- A senior airman was charged with Article 134 for drunkenness and incapacitation for duties. For this misconduct, the Airman received a suspended reduction

Article 15 of the Uniform Code of Military Justice authorizes commanders to address alleged minor offenses by administering nonjudicial punishment. If a commander concludes the member committed the offense, the commander determines an appropriate punishment.

to airman first class, forfeiture of \$250 for two months and a reprimand.

31st Communications Squadron

- A staff sergeant was charged under Article 93 for cruelty and maltreatment. For this misconduct, the sergeant received a reduction to senior airman, suspended forfeiture of \$700 for two months, 14 days extra duty and a reprimand.

31st Fighter Wing

- An airman was charged under Article 121 for larceny of non-military property. For this misconduct, the Airman received a suspended reduction to airman basic and a reprimand.

31st Maintenance Squadron

- An airman was charged with Article

109 for damage to non-military property and Article 134 for being drunk and disorderly. For this misconduct, the Airman received a suspended reduction to airman basic, 30 days extra duty and a reprimand.

- An airman basic was charged with Article 86 for failure to go. For this misconduct, the Airman received forfeiture of \$650, 60 days restriction and a reprimand.

31st Security Forces Squadron

- An airman first class was charged with Article 112 for wrongful use of marijuana. For this misconduct, the Airman received a reduction to airman basic, a suspended forfeiture of \$650 and a reprimand.

0-0-1-3

0 underage alcohol use.
0 driving while under the influence, or impaired by alcohol.
1 drink per hour.
No more than 3 drinks per evening of alcohol use.

Volunteers: The Aviano Thrift Shop is seeking volunteers to sort and display merchandise. For more information, call Ext. 5402.

Crime in the local area

Courtesy 31st Security Forces Squadron

Over the past week, there were numerous suspicious activity reports from the Built-to-Lease communities. With communities spread out through the area, we need to watch out for one another with a neighborhood-wide effort.

In addition to reporting anything you think suspicious, we suggest you take pictures as the incident occurs. Cell phone, camcorder or a regular camera will work fine. Pictures provide local law enforcement agencies a more detailed description of the suspicious activity and potentially discourage someone with bad intentions. Keep up the good work and keep your eyes open!

May 15 – An active duty member left his backpack with a \$1,200 laptop, \$300 worth of CDs and DVDs, and family photos in a dayroom. *What do you think happened? You're right! Someone took them and this Airman has a huge hole in his pocket to fill after he replaces these items.*

- A senior airman was caught taking money from a snack bar fund. *WOW!!! Maybe he still had sticky fingers from the snacks or maybe he is left feeling a little embarrassed about the integrity he left at home.*

- An unknown individual stole 200 liters of gas coupons from a senior airman's vehicle parked in Area Two. *She*

failed to secure her vehicle and now someone else will be driving on her gas. Don't become a victim. Lock your car.

May 18 – A technical sergeant noticed a suspicious individual in her Vigonovo BTL neighborhood. She immediately identified and reported the individual who was a six-foot tall male with black curly hair. This individual had an electronic device with a small monitor and was walking around very slowly. *Don't hesitate to notify Security Forces whenever you see something suspicious.*

May 19 – A spouse reported an individual soliciting money from residents in the Aviano BTL community. *If you see someone who doesn't belong in the area, call security forces. They will send an available patrol and notify the contracted security guard service.*

- A master sergeant from Vallenoncello BTL neighborhood reported two individuals taking pictures of the neighborhood. The sergeant asked the individuals to leave and they were persistent in taking photos. The sergeant recorded the license plate number of the vehicle and Security Forces passed the information to Air Force Office of Special Investigations and local law enforcement agencies.

To report criminal or suspicious activities, call the Law Enforcement desk at Ext. 7200.

31st MSG changes command June 12

By Staff Sgt. Colleen Wieman
31st Fighter Wing Public Affairs

Col. Kimberly Toney will step down as commander of the 31st Mission Support Group as Col. David Slade will assume command at 9:30 a.m. June 12 in Hangar One.

Colonel Toney, who has been the 31st MSG commander for two years, will command the 501st Combat Support Wing at RAF Mildenhall, England.

As the commander of the 31st MSG, Colonel Toney was responsible for several support squadrons with several different missions. Despite deployments, exercises and evaluations, she said her squadrons exceeded mission requirements.

"It's been a privilege and an honor to work with and serve together with the Aviano community," she said.

During her tenure, Colonel Toney worked hard to improve Aviano.

"Our mission is to take care of people and their families to bring Aviano to a new level," she said. "There were a lot of new facilities that we needed to add the heartbeat to and welcome more customers."

One such facility was the new base housing office.

"It is so hard to get settled in here," she said. "We wanted to make the transition smoother. With the housing office in Area F, people can walk from lodging to find a home."

She added that the goal for Area F is

to be the main place to inprocess people arriving here.

To improve quality of life, the support group added Internet connectivity in the Military Personnel Flight building, dorms, dining facilities and base library. The group also improved the dorms by installing volleyball courts and horseshoe pits and will be adding a basketball court. The group also headed family support groups such as the Key Spouses program and Spouse It Up events.

"We've excelled in all areas and worked hard to make Aviano better," she said. "I would also like to give a huge thank you to our local national employees. They are instrumental to the wing and our team."

Spouse It Up: The next Spouse It Up is at 10:30 a.m. June 13 in Area D. The theme is Hawaiian Luau. For more info, call Ext. 5407.



Final farewell

Brig. Gen. Robert Yates, 31st Fighter Wing commander, (above and far right) taxis under a water arch while his wife, Barb Yates, (right) looks on after his last flight with the 31st Fighter Wing May 25. Brig. Gen. Craig Franklin assumes command of the 31st Fighter Wing today in a ceremony in Hangar One.



Photos by Staff Sgt. Bethann Caporaletti

Changes on horizon for Air Force pilots

By Staff Sgt. Monique Randolph
Secretary of the Air Force
Office of Public Affairs

WASHINGTON (AFPN) – The Air Force recently announced there are changes forthcoming in aircrew management.

A new process called Transformational Aircrew Management Initiatives for the 21st Century, or TAMI-21, is intended to account for force structure changes that have caused imbalances in pilot inventory distribution and set the table for what the Air Force pilot force will look like in the future.

The initiatives will ensure pilots receive training in certain rated positions to bring the structure of the pilot force more in line with Air Force priorities.

“The advance capabilities of our 5th generation fighter aircraft has allowed the Air Force to significantly cut the number of aircraft we need,” said Air Force Chief of Staff Gen. T. Michael Moseley. “We have reduced the number of fighter aircraft in our inventory by 152 since 2001, while increasing the number of UAS platforms by 113 and AFSOC platforms by 25 over the next several years.

“The decrease in fighter and bomber cockpits, combined with the increased need for Special Operations and UAS capabilities, demands a redistribution of our pilot force,” he said.

In order to accomplish this redistribution, the chief of staff recently approved the six initiatives of TAMI-21, which include:

- Eliminating combat air forces operations unit over-manning
- Opening up previously restricted airframes to new specialized undergraduate training graduates
- Placing career enlisted aviators in non-flying rated requirements
- Using the Total Force to help absorb new pilots and provide staff expertise
- Increasing the minimum number of sorties required per month for inexperienced pilots
- Ensuring aircrew training requirements meet combatant commander needs

“Our aircrew management system has not changed dramatically since 1999,” said Lt. Gen. Howie Chandler, Air Force deputy chief of staff for Operations, Plans and Requirements. “We must re-balance our aircrew system to meet the updated demands brought about by post-9/11 missions and several force structure changes while making the most of our new airborne systems.”

With the growing importance of unmanned aerial systems and Air Force special operations, the Air Force is realigning some of its assets to provide capable, proven pilots to these increasingly critical programs.

As a result of TAMI-21, the Air Force will allow fighter and bomber pilots with limited experience to volunteer for long-term reassignment to special operations and UAS mission areas.

Beginning in 2008, SUPT graduates will be eligible for assignment to the F-22, and from now on, all manned platforms will be programmed to accept SUPT graduates as part of initial operational capability, to include F-35, CSAR-X, KC-X and all future systems.



Photo by Tech. Sgt. Michael O'Connor

Remembering the fallen

Senior Airman Aaron Wells and Airman 1st Class Arthur Depatie, honor guard members, pay their respects during a memorial ceremony in front of the 31st Fighter Wing headquarters building May 28. Italian and American servicemembers participated in the ceremony that remembers those who have fallen.

Tune in: Decoder Channel 12 has Aviano info and Channel 2 programming.

Air Force officer recruiters to visit Aviano

By Staff Sgt.
Jose Oliveras

314th Recruiting Squadron
Public Affairs

BURLINGTON, New Jersey – Air Force officer accessions recruiters will visit Aviano from 9 a.m. to 5 p.m. Thursday and June 8 in Area Two, Bldg. 220.

Recruiters will interview anyone interested in Air Force officer opportunities by appointment and walk-in basis. Career fields sought range from health professions to engineers.

“If anyone is interested in joining the Air Force as an officer, they should make plans to call or come by my office,” said Master Sgt. Ronnie Spencer, Air Force recruiter. “This includes anyone interested in medical officer opportunities for doctors, pharmacists, dentists or nurses.”

Sergeant Spencer works for

the 314th Recruiting Squadron Operations Flight as an enlisted recruiter flight chief and is stationed at Kapaun, Germany.

People interested in becoming an officer must be a United States citizen with a bachelor's degree or higher and are considering the Air Force as a career.

Active duty Air Force personnel are encouraged to use the education center or use the Air Force Personnel Center Web site for commissioning opportunities.

Those unable to meet with officer recruiters during their visit can meet with Sergeant Spencer at a later date by calling DSN 496-3504.

Aviano's Air Force recruiting office is located in Area Two, Bldg. 220 and is open from 8 a.m. to 5 p.m. Mondays through Fridays.

For more information on Air Force opportunities, visit <http://www.airforce.com>.

Triple Nickel deploys



Above: Staff Sgt. Jacob Messina, 31st Aircraft Maintenance Squadron, marshalls an F-16 from the 555th Fighter Squadron as the squadron departs for their deployment Tuesday.

Below: Triple Nickel aircraft await to depart for their deployment in support of the Global War on Terror.



Photos by Staff Sgt. Bethann Caporaletti



Above: Airman Adam Cassidy (left), and Airman Eric Busse, (right) listen to instructions from Tech. Sgt. James McClung (center) before they pack the 555th Fighter Squadron A and C bags in large, plywood crates. Airman Cassidy, Airman Busse and Sergeant McClung are all members of the 31st Logistics Readiness Squadron. Their goal was to ensure the Triple Nickel deployed with the proper equipment.



Senior Airman Michael Miller, 31st Maintenance Squadron, secures Capt. Jason Charrier, 555th Fighter Squadron pilot, before his departure Tuesday.



Master Sgt. Timothy Kellner, 31st Aircraft Maintenance Squadron, waits while Airman 1st Class Derrick Davis, 31st Logistics Readiness Squadron, ensures he has all the equipment needed for his upcoming deployment. Before their deployment, the 555th Fighter Squadron went through a mobility line May 23.



Photo by Staff Sgt. Bethann Caporaletti

Tech Sgt Christopher Lakkala, 31st Maintenance Squadron, greets his daughter Rachel after returning from a deployment in support of the Global War on Terror.



Photo by Staff Sgt. Bethann Caporaletti

Above: 31st Fighter Wing leadership salutes the taxiing aircraft carrying Aerospace Expeditionary Force 5/6 returnees Wednesday.



Photo by Staff Sgt. Bethann Caporaletti

Right: Staff Sgt. Zechary Towns, 31st Maintenance Group, reunites with his wife, Ashley, and his daughter Gabby.



Above: Friends and family await to greet their loved ones returning from a deployment Wednesday.



Left: Darla Ratliff and son, Ethan, wait for Capt. Casey Ratliff, 510th Fighter Squadron, to return.

Right: Caitlin Ratliff, center, joyfully waits for her father, Captain Ratliff, as the aircraft returning AEF 5/6 members lands.

Photo by Senior Airman Sarah Gregory

AEF, from page 1

"The format has been adapted USAFE wide and is designed to reunite returning members with their families as soon as possible," said Ms. Wolcott. "When members exit the plane, they deposit their medical folder, pick up their baggage and head home with their family and friends with no delay."

To help with the reintegration process, the Aviano base chapel and the A&FRF are hosting a marriage enrichment retreat in Slovenia June 14 to 17. The retreat is designed specifically for couples with a spouse returning from a deployment. For more information or to sign up, call the chapel at Ext. 5211.

Spouses and returning members can also share their deployment experiences with other families at the next deployed spouses meal. The next deployed spouses meal is Thursday. Call the A&FRF at Ext. 5407 to reserve a spot.



Photo by Senior Airman Sarah Gregory

AOCSC

The Aviano Officer Civilian Spouses Club is hosting a Pedala followed by their monthly luncheon Thursday. The Pedala begins at 8:30 a.m. and is a 12-mile guided tour on the Friuli Venezia Giulia number 3 bicycle trail.

Participants must meet at the parking lot across from Befeds and bring their bike, helmet, water and money for breaks. For more information, e-mail mayberry@alice.it.

After the Pedala a summer-themed luncheon will be held at the La Bella Vista Club. Social hour begins at 11 a.m. with the meal served at noon.

The dress is casual and Pedala participants may wear their riding gear. The cost is \$12 for club members and \$14 for nonmembers. People must RSVP by June 3 to suzyquzy82@hotmail.com.

Little Sprouts

Little Sprouts is a basic baby care class that teaches new and expecting parents infant cues, safety and nor-

mal growth and development. The class is from 5 to 6:30 p.m. Thursday in Area One Bldg. 108. To sign up, call Family Advocacy at Ext. 5667.

Spouses meal

The next deployed spouses meal is from 6 to 8 p.m. Thursday at the La Dolce Vita dining facility. For more information and to make a reservation, contact unit key spouses or first sergeants.

Change of Command

Lt. Col. Christine Erlewine, 724th Air Mobility Squadron commander, will relinquish command to Lt. Col. Marissa Lucero at noon June 12 on the flightline side of the passenger terminal. A reception will follow in the departure lounge.

Equality day

The Women's Equality Day committee is seeking volunteers to help with events. The day is August 26, which was the day in 1920 when the 19th Amendment was ratified granting women the right to vote.

To join the committee,

Chapel service schedule	
Saturday The following services are held at the base chapel: 11 a.m. – Seventh Day Adventist 5:30 p.m. – Catholic Mass	4:30 p.m. – Church of Christ The following services are held at various locations: 8:30 a.m. – Catholic Mass at the Italian chapel 10 a.m. – Gospel service at the Mass Briefing Facility
Sunday The following services are held at the base chapel: 8:30 a.m. – Liturgical service 10 a.m. – Contemporary service 11:30 a.m. – Catholic Mass	Daily Mass is held at noon Mondays, Wednesdays and Thursdays at the base chapel and at the Italian chapel on Fridays.

contact Master Sgt. Tracie Adams at Ext. 7926 or e-mail her at tracie.adams@aviano.af.mil.

Oklahoma University

Oklahoma University is offering a Master of Arts in International Relations. The degree is a non-thesis 32-semester hour program. To sign up for Summer 2007 courses or for more information, contact OU's site manager at Ext. 5977 or apaviano@ou.edu.

Food pantry

The chapel has a free food pantry with non-perishable items as well as diapers. The pantry is anonymous and available to everyone with no questions asked. For more information, call Ext. 5211.

Fire extinguishers

The fire extinguisher maintenance hours have changed. Their new hours of operation are from 1:30 to 4 p.m. Mondays and Thursdays at Bldg. 1434, Fire Station One. Additionally, there is no waiting for fire extinguishers. The fire department will swap the customer's extinguisher for a recharged one.

Identity theft

To avoid identity theft shred personal and financial information, investigate invoices from unfamiliar vendors, double-check charges on credit card statements, review credit reports, don't share personal or financial information on the Internet

and if ATM or debit cards are lost and stolen, report it immediately.

To learn more about identity theft, visit www.ftc.gov/bcp/edu/microsites/idtheft/. For more information, call the legal office at Ext. 7843.

No trespassing

The Aviano small arms firing range is off limits to unauthorized personnel and should be considered dangerous at all times. The range, which is located off the flightline perimeter road adjacent to the Sierra Area at Bldg. 1142, is routinely used to conduct live-fire weapons training. Anyone needing access to the firing range area should call the combat arms NCOIC at Ext. 7887.

E' proibito l' accesso del personale non autorizzato al poligono di tiro per le armi leggere della Base di Aviano che e' da considerarsi zona pericolosa. Il poligono, Edificio 1142, situato in Aeroporto lungo la strada perimetrale adiacente l'Area Sierra, e' spesso utilizzato per l' addestramento di tiro al bersaglio. Chiunque necessita di accedere al Poligono di Tiro deve contattare il Sottufficiale addetto al Combat Arms, Tel. Ext. 7887.

Renters insurance

Renters insurance can protect personal property against fire, theft and vandalism regardless if the property is in a home, car or backpack. For more information, call the legal office at Ext. 7843.

Reel Times

Today, 7 p.m. – “Teenage Mutant Ninja Turtles” Rated PG – Master Splinter becomes worried when strange things begin to happen in New York City and ancient monsters form an army to take over the world. Animated.

Saturday, noon – “Shrek the Third” Rated PG – When Shrek's father-in-law passes away, Shrek reluctantly finds himself as king of Far, Far Away. Animated.

Saturday, 3 p.m. – “Shrek the Third” Rated PG

Saturday, 6 p.m. – “Shrek the Third” Rated PG

Sunday, 3 p.m. – “Shrek the Third” Rated PG

Sunday, 7 p.m. – “The Last Mimzy” Rated PG – Two children discover a box that contains devices they think are toys. As the children play with the “toys” they begin to display higher intelligence levels. Starring: Rhianon Leigh Wryn, Rainn Wilson

Wednesday, 7 p.m. – “Teenage Mutant Ninja Turtles” Rated PG

Thursday, 7 p.m. – “Pride” Rated PG – An African-American renovates an old pool hall which is scheduled for demolition. To fight the demolition, he forms Philadelphia's first African-American swim team. Starring: Terrence Howard, Bernie Mac

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local events

- Art exhibits and hand-crafts will be displayed along the streets of Ceolini through Sunday.
 - A wine festival featuring local foods and wine is Saturday and Sunday in San Giorgio di Nogaro, off the A4 near Trieste.
 - A wine and strawberry festival is Saturday and Sunday in Faedis, near Udine.
 - Speed boats will race on Lake Barcis Saturday and Sunday.
 - Fontanafredda hosts an Italian Sport Day Saturday and Sunday. Activities include soccer, volleyball, basketball and mountain biking. There will be music in the afternoon and the base will be represented by sports teams.
 - A motorcycle show is Sunday at Mereto di Tomba, near Udine.
- For more information on events in the local area, call Ext. 7555.

Traveling

Have you been somewhere and want to tell everyone about it? The Vigileer staff will consider travel stories and photos for publication. Stories should be approximately 600 words and tell what travelers can see, eat and experience in each location. All articles are subject to editing by the staff. To submit an article or photos, e-mail them to vigileer@aviano.af.mil.

Take in the picturesque island of Capri



Left: Like a postcard, the Italian island of Capri has a beautifully carved coast line. This island can be reached by a thirty minute boat ride from the southern Italian city of Sorrento. The island has two cities, the lower city Capri and the smaller mountain town Anacapri. The island can be very expensive, but is very tourist friendly with nearly everyone fluent in English.



Photos by Alex Wieman



Above: Capri is covered in vibrant flowers which are used to make beautifully fragrant perfumes.

Left: In addition to its natural beauty, the island has ancient buildings such as this old monastery turned into a school. Capri visitors have plenty of things to keep them busy. In Anacapri, the island's capital, visitors can take a lift to the top of a mountain for spectacular island views or stroll through the many flower gardens. In Capri, visitors can relax on the many beaches or take a boat ride around the island.

Ride the rails: Travel Italy and Europe by train. Visit <http://www.trenitalia.it> for train schedules and tickets. The site is in English.

Explore **Paris** and take the family to **Euro Disney** when ITT takes a trip to these locations June 15-17.



Photo by Senior Airman Sarah Gregory

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Tours office include:

- June 9 – Wine tasting in Soave area
 - June 9 – Excursion in Friuli Venezia Giulia region
 - June 9 – Siena and San Gimignano
- ITT escorts ensure the group arrives and departs from destinations as sched-

uled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area.

Please note weather conditions and dress accordingly. The ITT staff recommends wearing comfortable shoes because most tours involve walking. Call Ext. 5072 or 5026 for more information.

Shape your future, your weight

Overweight? Who, me?

*Courtesy 31st Medical Group
Health and Wellness Center*

Experts say Americans are getting fatter at an alarming rate, yet many people may be in denial.

A national study that measured people's height and weight found that almost two-thirds of them are overweight, with almost 30 percent obese and at seriously increased health risk. At the same time, in a Centers for Disease Control and Prevention survey relying on self-reported height and weight, slightly less than 20 percent met the same criteria for obesity.

According to the National Health and Nutrition Examination Survey, the finding that almost one out of three adults is obese is news. In the period between 1988 and 1994, 23 percent were obese. In 1960, just 13 percent were obese.

The number of people overweight but not obese has increased only slightly through the years. But because of the recent boom in obesity, we now have almost double the number of overweight and obese adults as those who are not overweight. Back in the 1988-1994 period, it was almost even, with a little over half the population meeting standards for excess weight.

Americans are not alone in facing what is being called an epidemic of obesity. Although they seem to be largely leading the pack, some Europeans are facing an increasing problem, too. For example, the rate of obesity in England has doubled since 1980. Current studies from individual nations show obesity in 10 to 20 percent of European men and 10 to 25 percent of European women. In Japan, obesity in men has doubled since 1982, although that still leaves less than two percent of the men obese.

The dramatic increase in obesity over the last 40 years (or even the last 15) suggests lifestyle changes are responsible. People who might have maintained a healthy weight with the lifestyle of yesteryear have now moved into the overweight category, a result of today's less than ideal eating habits. The same choices have caused those who may have been overweight in the past to become obese.

Increased obesity is escalating health problems and health care costs. High blood pressure, diabetes, heart disease and several forms of cancer are all linked to obesity. One study estimates that \$102.2 billion was spent on obesity-related diseases in 1999.

Recognizing the link between obesity and both cancer risk and overall health, the American Institute for Cancer Research



Photo by Airman 1st Class Liliana Moreno

One of the many ways to lose weight while also seeing the Italian country side is through cycling. Outdoor Recreation hosts free local mountain bike rides at 9:30 a.m. Saturdays. Participants meet at the community center. To sign up, call Ext. 8823.

recommends a three-pronged approach to reverse this explosion of obesity.

First, we need to make a conscious choice to be active daily. Technology has reduced the physical energy needed for most household chores and many occupations, and the hours spent with computers, television and video games means our leisure activity is more passive than in years past. We need to compensate for this new lifestyle with some form of active recreational activity, more walking or other exercise.

Second, we need to reduce our portion sizes.

Third, we need to change our food choices to better match our needs. French fries and cookies never were "health food," and now, people eat them in much larger portion sizes.

Years ago, 64-ounce (or even 24-ounce) bottles of soda or juice would never have been considered an individual serving, and they shouldn't be now. Eating on the run also makes balanced eating, with plenty of fruits and vegetables, a challenge. The lack of more healthful foods, plus the increase in far less nutritious foods in super-sized portions, hurts far more than our weight.

For those needing help to improve eating habits and with controlling their weight, call the Health and Wellness Center at Ext 4573.

Reprinted with permission from the American Institute for Cancer Research

Fly Bys

Indoor soccer

The Aviano Youth Program is accepting indoor soccer registrations through June 15. Practices will begin June 25 and the season ends Aug. 11. Volunteer coaches are also needed. For more information, call Wayne Hilbert at Ext. 7575 or 4784.

Volksmarch

The Aviano Road Runners host a Volksmarch at 7:45 a.m. Saturday. The group meets at the Bar Municipio in the Roveredo Square and heads to Castelnovo del Friuli. The group will also host a Volksmarch at 7:45 a.m. Sunday. The group meets at the Bar Municipio in Roveredo Square and heads to Cavasso Nuovo. For more information, call Ext. 7692 or 7404.

HAWC classes

The Health and Wellness Center offers Physical Training Leader training Thursday and June 8. For time and location, call the HAWC at Ext. 4573. The HAWC also offers a prenatal fitness class at 10 a.m. June 13 at the HAWC; a cholesterol education course at 1:30 p.m. June 13 at Bldg. 103 conference room; and a healthy cooking class at 3 p.m. June 15 at the base chapel kitchen. To sign up, call Ext. 4573.

Bench press

A bench press competition is at 3 p.m. June 8 in the Dragon Fitness Center. To sign up, e-mail alec.maund@aviano.af.mil or call Ext. 7459.

Golf tournament

The Air Force Sergeants Association is sponsoring a golf tournament at 11 a.m. June 14 at the Alpine Golf Course. The cost is \$25 per person, without advance green fees and \$13 per person with advance green fees. Price includes 18 holes of golf, green fees, cart rental and lunch.

Respect: The foundation of success or failure

By Col. Michael Schaffrinna
31st Medical Group commander

R.E.S.P.E.C.T. You've heard the word; perhaps the song. It's the foundation of success or failure, both personally, as a wing and as a country.

It is the lack of respect that results in poor performance, poor service, DUIs, discrimination, failure of integrity, mission, government, and even diplomatic failure between countries.

So let's take apart RESPECT:

Real – George Washington said: "Accept things as they are, not the way you wish they were!"

When we create unrealistic expectations, we are bound to be disappointed. When we are disappointed, we are more likely to act abruptly in ways that reflect poorly on ourselves and our organization. So keep it real!

For example, if you set expectations of getting home at 8 p.m. and you get home at 7 p.m., you're happy. If you set expectations at 6 p.m., and you get at home at 7 p.m., then you're disappointed. Get the picture?

Energy – Ever gotten service at a restaurant from someone who seemed to anticipate your every need? They bounced from table to table, always

“ It is the lack of respect that results in poor performance, poor service, DUIs, discrimination, failure of integrity, mission, government and even diplomatic failure ... ”

smiling. How did that make you feel? We should all have energy in everything we do.

Self – If you don't respect yourself, how can you respect others? What choices are you making?

The purpose of higher education is to do the things you have to do when you have to do them, whether you want to or not. How many of you have kicked the education can down the road and put off studying? Or how many have resorted to food or drink rather than working out? Every night I fall right to sleep because I know I've done the best I can and this leads to confidence and, I believe, success.

Positive – All of us complain from time to time, but just because you're good at complaining doesn't mean you ought to. Rather than complain, look at ways to create your destiny. Find solutions and implement

them. Be a lifter, not the person from whom people run away.

Excellence – Find your strengths and build upon them. Your execution reflects upon you and your organization. It is what you do that creates the image of your character. Character and honor is all we have at the end.

Consistent – Be consistent in purpose, action and thought. Treat all as family – the family at home and the family at work. There is incredible strength in family.

Think – This one is the glue to all the rest. Think before you drink, think before you drive, think before you talk, think before you act. Think about what the collateral damage will be. Who will you hurt?

We all need to think before we act, and that results in respect, which in turn allows us all to "Return With Honor."

Recognizing The World's Finest

Graduates

Airman Leadership School

Congratulations to the following senior airmen who graduated Aviano's Airman Leadership School May 24.

ALS is the first milestone of Professional Military Education for the Air Force's enlisted corps. These Airmen are ready to assume the responsibility of becoming a noncommissioned officer.

John Levitow Award recipient: **Diana Gabel**, 31st Aircraft Maintenance Squadron

Leadership Award recipient: **Heather Schmall**, 31st Civil Engineer Squadron

Academic Award recipient: **Edward McCauley**, 31st Communications Squadron

31st Aircraft Maintenance Squadron: **Eric Kimberlin** and **Jameson Thornton**; 31st Civil Engineer Squadron: **Paul Catalano**, **Matthew Lynn** and **Jacob Membreno**; 31st Logistics Readiness Squadron: **Justin Flora** and **Bradley Miller**; 31st Medical Support Squadron: **Jean Baker**; 31st Security Forces Squadron: **Michael Clair**, **Noah Barkley** and **Arturo Granados**.

• Congratulations to the following Airmen for the outstanding completion of their Career Development Courses: **Senior Airman Eric Watkins**, 31st Civil Engineer Squadron; **Airman 1st Class Jeffrey Furman**, 31st CES; **Airman 1st Class Patricia Radoski**, 31st Aircraft Maintenance Squadron; and **Airman 1st Class Wesley Stegmaier**, 31st CES.

• Congratulations to **Marisa Pires** who has been recognized as Aviano Youth of the Year.

• Congratulations to the following Aviano youth who competed in the U.S. Air Forces in Europe youth talent competition and first and second place at the USAFE level:

Daniel Riley – 1st place instrumental solo

Donovan and **Taylor Seaberg** – 1st place group instrumental

Claudio Carini and **Ethan Laser** – 2nd place group instrumental

Celeste Jones – 2nd place female vocalist

"Diaz Sisters" (**Elisa, Irene** and **Adrianna Diaz**) – 1st place musical variety group

"Diversity" (**Tabitha LeDuc, Donovan Seaberg** and **Marcie Brock**) – 2nd place musical variety group

"Steele Standing" (**Aliya** and **Zoe Steele**) – 2nd place dance group

• Congratulations to the parents and teens whose videotaped talent performances won at the Air Force level:

Jovone Lewis and **Donovan Seaberg** – 1st place parent and youth winners

Elle Tanner – 2nd place teen instrumental ages 13 to 15 winner

Adriane Beam – 2nd place teen instrumental ages 16 to 18 winner